



K20U 1635

Reg. No. :

Name :

V Semester B.A./B.Sc./B.Com./B.B.A./B.B.A.T.T.M./B.B.A.R.T.M./B.B.M./
B.T.T.M./B.C.A./B.S.W./B.A. Afsal UI Ulama/B.B.A. (AH) Degree
(CBCSS – Reg./Sup./Imp.) Examination, November 2020
(2014 Admn. Onwards)

Open Course

5D01 PHI : THE PHILOSOPHY AND PRACTICE OF YOGA

Time : 2 Hours

Max. Marks : 20

PART – A

Answer all questions. Each answer carries 1 mark.

1. Astānga yoga sūtras were written by _____
2. Hatayogapratipika has been written by Swami _____
3. _____ step of astāngayoga refers to withdrawal of senses.
4. Laya yoga is related to a Sanskrit term *Laya* which means _____. (4×1=4)

PART – B

Write short notes on any five of the following. Answers should not exceed 50 words. Each answer carries 2 marks.

5. Bhakti yoga.
6. Vibhūti pāda.
7. Rāga.
8. Mantra yoga.
9. Laya yoga.

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10. Dhyāna.

11. Sampranjata Samādhi.

12. Integral yoga.

(5×2=10)

PART – C

Answer any two of the following. Answers should not exceed 100 words.
Each answer carries 3 marks.

13. Discuss the ethical preparations of yoga.

14. Give an account of the structure of yoga sūtras.

15. Describe the features of Hata yoga.

16. Explain the significance of yoga in addressing stress and tension.

(2×3=6)
